

Dear Breathworker,

we are conducting another round of our first breathwork study at the MIND Foundation! And we are writing to kindly invite you to take part in it.

The study is meant to deepen our scientific understanding of how breathwork brings about personal change – biologically and psychologically. More precisely, our goal is to answer the following questions:

- 1) How much do subjective experiences during breathwork depend on physiological changes, especially the balance between O₂ and CO₂ in the blood?
- 2) How do physiological changes and subjective experiences during a breathwork session predict psychological and biological long-term changes?

Answering these questions will give us the first real scientific look at how basic biological processes like cortisol interact with harder to grasp factors like music, intention and setting to create the often-astonishing experiences evoked by breathwork. We believe this will also help to make breathwork a more accepted method in mainstream therapeutic settings.

To make this happen, we are inviting experienced Breathworkers (min. 5 at least 1h sessions experience in any style of immersive Breathwork) to take part in the study and this is why we are writing to you. Let us emphasize that we are committed to absolute confidentiality of all your personal data, and that your privacy will be one of our main concerns. All data will be collected and processed completely anonymously.

As all of us at the MIND Foundation are working on this study on a voluntary basis, we kindly invite you to do the same. We ask for your time and commitment, and we offer in return a free Connective Breathwork experience, some very interesting insights into your personal health and how it is affected by Breathwork; Snacks, coffee and tea during the Breathwork day and the exciting experience of being part of something bigger. Of course we will also inform you about the result of our study, as soon as they are being published.

What exactly will we ask from you if you decide to join us?

We are an international team of facilitators, so the Breathwork session will be held in **English!** Therefore, we kindly ask you to take in account that your level of English shall be at least C1 (proficient users of the language, i.e. those able to perform complex tasks related to work and study).

Between 15. October - 10. November: Study check-in

- Get all your questions answered
- Get your personal anonymous code for the study when signing up

11. November (6-9 pm): Connective Breathwork workshop

The workshop will take place also at the **MIND Foundation office** (Boxhagenerstrasse 82a, 10245 Berlin) considering all obligatory safety measures regarding Covid-19. We're observing the situation responsibly and will act according to the recent safety requirements. A free Covid test will be done with everybody taking part.

Concretely, the workshop will be structured like this:

11. November 2022

6 - 6.30pm: Checkin and distributing of the control group

6.30pm to 8.30pm: Connective Breathwork session and Sharing Circle afterwards

8.30pm to 9pm: Checkout and Questionnaire

The Breathwork session will be held under the classical format with some additional measurements to track important physiological processes before, during and after the session.

Before session:

- COVID test (provided by us)
- Saliva sample collection

During session:

- Quick measurement of O₂-CO₂ balance in your breath (breathing into a tube) and depth of experience (by hand sign) every 10-15 minutes. We will take utmost care that these interventions will disturb your process as little as possible! The in-session measurements are one of the reasons why we are specifically looking for experienced breathers who can go back into their process after a brief interruption.
- For the session itself you may be asked to breathe either actively (experimental group) or normally as you would in every-day life (control group).

After session:

- Saliva sample collection
- Online survey (20 minutes) – this can also be filled out at home at the same evening.

Please let us know if you are interested to be part of this very exciting research and do not hesitate to contact us if you have any further questions! We are happy to clarify anything that might not be clear to help you make your decision.

We are looking forward to hearing from you!

On behalf of the study team and the MIND Foundation,

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